

STELLAR *Life*

Hosted By *Orion*

Personal Growth & Universal Laws

10 Point Checklist

Lauren Herrera

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Life*

Hosted by *Orion*



"You can't create a positive life from a negative mind."

LAUREN HERRERA

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Steer clear of negative thinking. Your thoughts have the power to influence the outcome of your day.
- Channel positivity by starting from the inside out. Nourish your spirit and let it emerge through your actions.
- Learn how to control your negative emotions by getting to know yourself on a deeper level. Find ways to improve your reaction to negativity.
- Challenge yourself and take things to the next level to find your true strength. Success lies outside of your comfort zone.
- Put yourself out there. Share your talents with the world in the hopes of touching lives and helping others.
- Don't let failure bring you down. Your failure doesn't define you and it should never stop you from doing what you love.
- Find the value in whatever you do. Always understand why you're doing something and how it's beneficial to others.
- Follow the law of attraction. Visualize what you want and the universe will lead you towards your deepest desires.
- Feed your soul and be aware of what your subconscious takes in. Be mindful of the things you read, watch and hear that may influence your thoughts and actions.
- Take care of your body. Treat it like a temple to enable you to reach your highest potential.